



Program Guide

May–August 2019



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812-349-3720
bloomington.in.gov/TLRC

 Twin Lakes Recreation Center

 btownparks





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May–August 2019

1700 W. Bloomfield Rd. • 349-3720
bloomington.in.gov/TLRC
Fax: 349-3707

Hours September 1–May 31:

Monday–Friday: 6 a.m.–10 p.m.
Saturday–Sunday: 7 a.m.–10 p.m.
Spring Holiday (April 19): 6 a.m.–10 p.m.
Easter (April 21): Closed
Memorial Day (May 27): 7 a.m.–1 p.m.

Summer hours June 1–August 31:

Monday–Friday: 6 a.m.–9 p.m.
Saturday–Sunday: 7 a.m.–9 p.m.
Independence Day (July 4): 7 a.m.–1 p.m.

Daily admissions (non-member)

- Adults ages 18–59 yrs.: **\$8**
- Youth ages 7–17 yrs. and adults ages 60 yrs. and up: **\$7**
- Youth ages 6 yrs. and younger admitted **free** with adult 18 yrs. and up.



Twin Lakes Recreation Center



btownparks

Staff



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Front cover: The friendly, helpful staff at the Twin Lakes Recreation Center can answer questions about memberships, group ex classes, facility rentals, and more. Stop by and say hello!

Photo by Julie Ramey.

All phone numbers for Bloomington Parks and Recreation staff and facilities are in the 812 area code.



Look for the volunteer symbol throughout this guide for ways to get involved.



Heart-healthy program

Photo policy

Parks and Recreation staff may videotape or take photos of participants in programs and at special events or of people in parks or on park properties. These photos may be used in future program guides, brochures, fliers or other materials used to promote Parks and Recreation.

Substitution policy

Parks and Recreation reserves the right to use substitute instructors and alternate facilities when necessary.



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Corporate Wellness Programs

As the cost of health care continues to grow, companies are exploring ways to prevent illness and reduce health risks for their employees while realizing the overall benefits of a healthy workforce. From a healthy lifestyle to a healthy workplace, the TLRC staff is here to help you customize a wellness program that fits your company's goals and health care mission. For more information, contact our Membership Coordinator, Megan Stark, at 349-3770 or starme@bloomington.in.gov.

Fitness Assessments


Take control of your health by learning as much as you can about your fitness level. Fitness assessments are a common and useful part of any exercise program. The data collected from a fitness assessment gives you a starting point, and provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Stark at 349-3770 or starme@bloomington.in.gov to learn more about body composition tests, or to schedule a fitness assessment. Knowing your numbers can help you track progress toward your goal for a fit and healthy body! **Twin Lakes Recreation Center membership is not required to have a fitness assessment by one of our professional personal training staff.**

Fitness assessments include:

- **Free recording of your resting heart rate and blood pressure.**
- **Optional tests for estimates of body composition, in particular body fat:**
 - Skinfold analysis: \$25
 - Bioimpedance analysis: \$5

By appointment only • For all ages.

Gift of Wellness



City of Bloomington Twin Lakes Recreation Center
1700 W. Shattuck Rd., Bloomington, IN 47403-3603
Open Monday-Friday, 5 a.m.-10 p.m. and Saturday-Sunday, 7 a.m.-10 p.m.

This gift of wellness is to: _____

From: _____

For: _____

Sold by: _____ Date: _____
Gift Certificate expires 90 days from date of purchase.

Give a gift that will make a difference in someone's life. A gift certificate to the Twin Lakes Recreation Center opens the door to fitness and fun!

With a full fitness center, group

exercise classes such as ZUMBA and Boot Camp, five basketball courts, an indoor 1/5-mile track and indoor turf field, your special someone will have access to a whole world of wellness. Gift certificates are valid for 90 days from the date of purchase. To purchase a TLRC gift certificate, stop by the Twin Lakes Recreation Center.

Memberships

See back cover.

Rentals

See back cover.



**Twin Lakes
Recreation Center**



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Promote your products and services at the Twin Lakes Recreation Center:



Reach your target market at the Twin Lakes Recreation Center, our multi-purpose facility offering programs and services that help make Bloomington a healthy, active community. This 100,000 sq. ft. sports, fitness and recreation complex serves thousands of diverse customers each year, from elite youth basketball teams to preschool soccer players. It is the perfect place for you to share your company's message and reach your target audience. The facility features a 1/5-mile elevated indoor track, strength equipment and free weights, state-of-the-art cardio studio, five hardwood courts, indoor turf field, mirrored exercise studio, and meeting rooms. The Twin Lakes Recreation Center is home to Andrew Frank basketball camps, AAU local and regional tournaments, Bloomington Youth Basketball, and youth and adult soccer.

Reach these target markets

- 300,000 annual visits
- 1,200+ active adult members
- more than 800 SilverSneakers members (ages 55 yrs. and up)
- 600+ Bloomington Youth Basketball players
- local and regional basketball and other sports tournaments

Custom opportunities to connect with your market

- Our custom advertising packages can give you more than just signs!
- Set up a display at the TLRC during tournaments or peak visitation.
- Place coupons, menus, or brochures in our literature display areas.
- Run a custom TV spot on our four closed-circuit TV screens all day, every day.
- ... and more!

Price points for 96" x 42" banners (per year)

Court 1: \$1,500

Courts 2-5: \$1,000

Turf: \$1,000

Studios: \$800

Larger banner sizes available.

For more information, contact Julie Ramey at 349-3719 or rameyj@bloomington.in.gov or Sarah Owen at 349-3739 or owensa@bloomington.in.gov.

Sports and Fitness



Turf Time for Toddlers

The indoor turf field at the Twin Lakes Recreation Center provides you and your young child with ample space to run, play, and practice ball throwing, catching and kicking skills.

This free-time play is parent or caretaker supervised physical play. TLRC staff does not supervise this area during the program and children cannot be dropped off without supervision. For more information, contact the TLRC at 349-3720.

Tu, Th • 9:30–10:30 a.m.

\$5, FREE for TLRC members • For ages 1–6 yrs. w/parent.

Summer Basketball Camp



B-Town Ballers and Coach Frank are back for another summer of basketball in Bloomington. Youth players learn basic basketball skills plus life lessons that will serve them well both on and off the court. Registration fee includes T-shirt, shorts, Gatorade, and water during camp. Please indicate T-shirt size on registration form.

Instructor: Andrew Frank

M–F 7/8–7/12 • \$75 • Register by 6/26.

Grades K–1

9 a.m.–noon • 250301-A

Grades 4–5

1–4 p.m. • 250301-C

Grades 2–3

9 a.m.–noon • 250301-B

Grades 6–8

1–4 p.m. • 250301-D



EXCEL TAE KWON DO

See page 7.



**Twin Lakes
Recreation Center**



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Passport to Play



Earn prizes this summer as you explore and play your way through Bloomington Parks and Recreation!



**City of Bloomington, IN -
Parks and Recreation**



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Pick up your passport, and take it with you to Bloomington Parks and Recreation parks, events, programs, and camps. Have a staff member initial the corresponding page in the passport. Check-ins will be held multiple times throughout the summer for you to show us your passport and redeem for prizes!

Pick up your free passport at the Banneker Community Center, the Allison-Jukebox Community Center, Twin Lakes Recreation Center, and the Parks and Recreation office in City Hall. Not only do you get credit for participating in Bloomington Parks and Recreation programs, but also for your play time and exercise, and other healthy activities like trying a new fruit or vegetable. Follow us on Facebook and Instagram to stay up to date on all of our programs and for more information on check-ins.

**For more information contact Jess Klein
at kleinj@bloomington.in.gov.**



Sport Specific Training

For grades 7–12.

**\$70
member
\$80
non-member**

Football Defensive Back

Sundays, 6/23–7/28 • 5–6 p.m. • Register by 6/21 • 250002-A



These training programs, instructed by Indiana Cutters football player D.J. Stephens, are targeted toward middle and high school football players who are interested in improving specific skills.

Football Wide Receiver

Sundays, 6/23–7/28 • 4–5 p.m. • Register by 6/21 • 250001-A

Register at the Twin Lakes Recreation Center

**For more information, contact Mark Sterner
at 349-3768 or sternerm@bloomington.in.gov.**

Aerial Fitness Classes for Youth

ABA Asabela Studio

Students progressively learn aerial skills increasing upper body and core strength, while achieving greater flexibility, range of motion, confidence, and stamina.

For ages 5–12 yrs. • ALL levels welcome!

**For more information or to register,
email AsabelaStudio@gmail.com or
visit www.AsabelaStudio.com.**

Beginner–Pro • \$10–\$20 per class

Tuesdays and Thursdays • 10 a.m., 5 p.m., 6 p.m.

Saturdays • 1 p.m., and Sundays • 6 p.m.

Circus Camps • Silks • Trapeze • Aerial Yoga



Aerialogy FLIGHT SPRITES

Aerial silks is a fun, exciting way for kids to gain confidence while building strength, flexibility, and body awareness. Our staff specializes in helping children master the silks as they learn to trust in themselves.

For youth ages 6–12 yrs.

**For class information
and registration, visit
www.aerialogy.fitness.**





Personal Training



Get in better shape and stay there, regardless of age or current fitness level, with the personal trainers at the TLRC. Our personal trainers design programs that are individualized for your age, body, lifestyle and goals. TLRC personal trainers are certified, experienced, and educated. They have worked with a variety of people who have a broad spectrum of health and wellness needs. Personal training at the TLRC is the right step toward a healthy, active lifestyle.

A 30-minute wellness consultation is included as a part of each personal training package. If you are a non-member who is interested in a personal training package, you may purchase a 30-minute wellness consultation for \$20. If you decide to purchase personal training sessions the \$20 fee may be applied to cost of the personal training package. All personal training sessions must be used within six months of purchase. All training sessions are non-transferable and nonrefundable. **To set up an initial consultation, or for more information, contact Mark Sterner at 349-3768 or sternerm@bloomington.in.gov.**

MEMBERS SINGLE—One-on-one personal training sessions

3 one-hour sessions	\$130	15 one-hour sessions	\$525
5 one-hour sessions	\$210	20 one-hour sessions	\$650
10 one-hour sessions	\$400	25 one-hour sessions	\$775

MEMBERS BUDDY (2)—You and a friend

5 one-hour sessions	\$380
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NON-MEMBERS SINGLE—One-on-one personal training sessions

3 one-hour sessions	\$155	15 one-hour sessions	\$585
5 one-hour sessions	\$240	20 one-hour sessions	\$725
10 one-hour sessions	\$440	25 one-hour sessions	\$895

NON-MEMBERS BUDDY (2)—You and a friend

5 one-hour sessions	\$440
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American Red Cross Lifeguard/CPR/AED/First Aid Training

Make yourself eligible for a great summer job! Through videos, group discussion, online training, and hands-on practice, this course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include: water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED, and more.

Online training needs to be completed prior to the first class.

Visit the Parks and Recreation website, or email priccc@bloomington.in.gov, for a detailed list of course prerequisites.

Su–Sa 5/13–5/22 • 3:30–8:30 p.m. • Register by 5/3 • 120101-A \$150/in-city, \$200/non-city • For ages 15 yrs. and up.

American Red Cross Adult and Pediatric First Aid/CPR/AED

Would you know what to do in a cardiac, breathing or first aid emergency? The right answer could help you save a life. With an emphasis on hands-on learning, our First Aid/CPR/AED courses teach life-saving skills. Certification is issued upon successful completion and is valid for two years. Free online refreshers are available with all course options. This course includes online content that **MUST** be completed prior to the first day of class. Class participation without completion of the online coursework is not permitted.

Basic CPR/AED/First Aid:

Sa 4/27 • 9 a.m.–4 p.m. • Register by 4/12 • 120301-B \$50/in-city, \$60/non-city • For ages 12 yrs. and up.

CPR/AED/First Aid for the Professional Rescuer:

Sa 5/11 • 9 a.m.–4 p.m. • Register by 5/3 • 120301-C M, Tu 5/13–5/14 • 4–8 p.m. • Register by 5/3 • 120301-D \$60/in-city, \$70/non-city • For ages 12 yrs. and up. Mills Pool, 1100 W. 14th St.



Adult (50+) FREE Programs

Lower Level (unless otherwise noted)

The lower level is open Monday-Friday from 8 a.m.–3 p.m.

The lower level is closed on weekends except for reservations and scheduled activities.

TLRC membership is not required to participate.

For more information about the programs below, call 349-3720.

Advanced German

F • 1:30–2:30 p.m.

Lap Quilting

Tu • 9:30–11:30 a.m.

Legal Counseling

Counseling provided by Attorney Tom Bunker. Call 349-3720 to register. Participants are assisted on a first-come, first-served basis.

Usually occurs on the first Monday of each month • 3 p.m. Call 349-3720 to confirm meeting time and date.

Steady Steppers

M, W, F • 9–10 a.m.

Tai Chi Qigong

W • 11:45 a.m.



Healthy Heart Tip!

Did you know that people who set goals are more likely to succeed? Even better, make sure your goal is S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, and Timely)! This even works for your fitness- and health-related goals.



Insurance-Based Fitness



The TLRC is an Active&Fit participating facility. Active&Fit is an exercise and fitness program designed to help you achieve better health through regular exercise. The Active&Fit program includes no- or low-cost membership at the TLRC, website resources and support from Active&Fit's toll-free member services hotline. If your health plan offers Active&Fit and you would like more information about the TLRC, please ask at the front desk or call 349-3720. *You may also visit Active&Fit at www.ActiveandFit.com. Active&Fit is a federally registered trademark of American Specialty Health Incorporated.*

Photo by Freepik.



The Twin Lakes Recreation Center is a Silver&Fit participating fitness facility! Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low-cost fitness plans. Silver&Fit is provided by American Specialty Health Incorporated. If your health plan offers Silver&Fit and you would like more information about the TLRC, please ask at the front desk or call 349-3720. *You may also visit Silver&Fit at www.SilverandFit.com. Silver&Fit is a federally registered trademark of American Specialty Health Incorporated.*

FitnessCoach

The FitnessCoach program offers fitness center and at-home exercise options to its covered special needs or dual-eligible members who also qualify for Medicare/Medicaid. Covered members may include individuals covered by Medicaid or those with physical impairments, developmental disabilities, cognitive impairments, or mental/behavioral health conditions, or other individuals with special needs who may benefit from improved physical fitness. The FitnessCoach program includes a membership at the TLRC. We welcome members to bring caregivers if needed for help using the fitness center's services and equipment), home fitness kit options for those who prefer to exercise at home, website resources, and support from the FitnessCoach program's toll-free member services hotline and on their website. *For more information, call 1-888-369-2746 or visit <https://www.fitnesscoach.com>.*



A fitness program to help you live your best life, Renew Active from UnitedHealthcare is available with select Medicare Advantage plans. Designed around you and your goals, Renew Active offers access to the TLRC, both local and national options and group fitness classes, as well as online brain exercises to help keep both your body and your mind active—all at no additional cost. *For more information, visit myrenewactive.com.*



The SilverSneakers program is the nation's leading exercise program designed exclusively for older adults. The program offers physical activity, health education, and social events for Medicare-eligible and Group Retiree members. If you qualify, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

SilverSneakers Classic

Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement and activities for daily living.

SilverSneakers Yoga

Move your whole body through a complete series of seated and standing yoga poses.



Wednesday, May 8

3-6 p.m. • FREE

Changing the Way We Age

For more than 40 years, the 50+ Expo has been the community's premier showcase of businesses and organizations whose products and services are geared toward baby boomers, seniors, caregivers, and their friends and families.



The event includes:

- A large expo hall and free health screenings
- Representatives from recreation, music, art, and other local activity clubs
- Bloomington Police Dept. accepting unwanted or expired medications for disposal (no liquids)

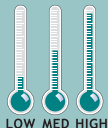
For more information about the 50+ Expo, contact Bill Ream at 349-3748 or reamw@bloomington.in.gov.



Group Exercise



Use these thermometers to help you choose the group exercise class with the right intensity level for you.



Group Exercise Registration

Session III: May 6–June 23 • Register by 5/12.

Session III FREE week: May 6–12

Class does not meet 5/27.

Session IV: July 1–August 18 • Register by 7/7.

Session IV FREE week: July 1–7

Class does not meet 7/4.

Group exercise classes are FREE to members!

Members must register at the TLRC front desk. Registration for group exercise classes extends through the first week of each session. All scheduled classes are held this week, so you can try out any classes that interest you for free! When you find one you like, register by the listed registration deadline. Classes that do not meet the minimum registration requirements after the first week will be cancelled for that session. Daily passes are available for \$10. See the front desk attendant to purchase a daily pass.

Cancellation policy

Full refunds are given for all classes cancelled by the Twin Lakes Recreation Center. Refund requests for any other reason must be submitted prior to the first day of class, and are subject to approval according to State Board of Accounts claim procedures. Allow four weeks for refund requests to be processed.

Beginning Yoga

This class focuses on posture alignment, freeing the shoulder girdle and pelvis, and synchronizing movement and breathing through basic yoga poses. Gain a simple foundation practice that can be useful every day and serve as a springboard to explore any style of yoga. Feel at home in your body, enjoy good health, move freely, and reduce stress. Instructor: Allana Radecki

W 5/8–6/19 • 6:45–7:45 p.m. • Register by 5/12 • 250201-A
F 5/10–6/21 • noon–1 p.m. • Register by 5/12 • 250201-B

W 7/3–8/14 • 6:45–7:45 p.m. • Register by 7/7 • 250201-C
F 7/5–8/16 • noon–1 p.m. • Register by 7/7 • 250201-D
FREE/member, \$55/non-member • For ages 18 yrs. and up.

Body Blast

This class is a total body workout designed to make you sweat! H.I.I.T. (high-intensity interval training) principals maximize the hour you have dedicated to the gym. Body Blast is designed for all fitness levels, allowing both beginners and advanced gym-goers to feel an intense, full-body workout. Instructor: Catherine Gossett

W 5/8–6/19 • 5:30–6:30 p.m. • Register by 5/12 • 250202-A
W 7/3–8/14 • 5:30–6:30 p.m. • Register by 7/7 • 250202-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.

Boot Camp

Are you ready for a challenge? Take your body to the next level with this intense yet fun, fat-burning class! Combine weights, interval training and plyometrics to increase cardiovascular efficiency and overall strength. Get in and get fit! Instructor: Pendah Jallow

Tu, Th 5/7–6/20 • 6–7 a.m. • Register by 5/12 • 250203-A
FREE/member, \$85/non-member • For ages 18 yrs. and up.

W 5/8–6/19 • 6:45–7:45 p.m. • Register by 5/12 • 250203-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.

Tu, Th 7/2–8/15 • 6–7 a.m. • Register by 7/7 • 250203-C
FREE/member, \$80/non-member • For ages 18 yrs. and up.

W 7/3–8/14 • 6:45–7:45 p.m. • Register by 7/7 • 250203-D
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 7/4.



Take your body to the next level with Boot Camp.
 Photo by Megan Stark.

Cardio Kickboxing

This class combines cardio, boxing and martial arts to provide a total body workout that improves strength, aerobic fitness, speed, flexibility, coordination and balance. Try this popular fitness trend and kick, jab, cross, hook, and uppercut your way to a fitter you! Instructor: Janet Scott

M 5/6–6/17 • 5:30–6:30 p.m. • Register by 5/12 • 250204-A
M 7/1–8/12 • 5:30–6:30 p.m. • Register by 7/7 • 250204-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 5/27.

Core 360

The most commonly neglected area of the adult body is the core. This class is designed to strengthen and balance all 360 degrees of the core! Improve posture and spine health through a variety of exercises that strengthen the rectus abdominus, transverse abdominus, obliques, and low back muscles. Join this class and tone your core fast!

Instructor: Janet Scott

Tu, Th 5/7–6/20 • 6:45–7:15 p.m. • Register by 5/12 • 250205-A
FREE/member, \$55/non-member • For ages 18 yrs. and up.

Tu, Th 7/2–8/15 • 6:45–7:15 p.m. • Register by 7/7 • 250205-B
FREE/member, \$50/non-member • For ages 18 yrs. and up.
Class does not meet 7/4.

Group Exercise *(continued)*



Mindful Flow

This class steadily builds its pace over the course of the practice and emphasizes developing strength and calming the mind. Students are encouraged to tune into the sensations of each posture and let go of the judgments and criticisms they may be carrying. This allows students to explore what's best for their body in each moment. This class will leave you centered, grounded, and refreshed. Instructor: Claire Sunkel

M 5/6–6/17 • 6:45–7:45 p.m. • Register by 5/12 • 250208-A
FREE/member, \$50/non-member • For ages 18 yrs. and up.

M 7/1–8/12 • 6:45–7:45 p.m. • Register by 7/7 • 250208-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 5/27.

Power Yoga

Power Yoga is a vigorous, fitness-based approach to vinyasa-style yoga. This class incorporates the athleticism of Ashtanga while including several different vinyasas. This class's quicker tempo will get your heart rate up!

Instructor: Catherine Gossett

M 5/6–6/17 • 5:30–6:30 p.m. • Register by 5/12 • 250206-A
FREE/member, \$50/non-member • For ages 18 yrs. and up.

M 7/1–8/12 • 5:30–6:30 p.m. • Register by 3/10 • 250206-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 5/27.

Run/Walk X-Train

Get up and moving and run and walk with a coach! We will improve your form and speed for running and walking with a variety of speed, resistance, and agility drills. This class is a great fit for beginners or for regular runners and walkers who want to add variety to their workouts. Challenge yourself at your own pace! Instructor: Janet Scott

Sa 5/11–6/22 • 9–10 a.m. • Register by 5/12 • 250207-A

Sa 7/6–8/17 • 9–10 a.m. • Register by 7/7 • 250207-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.

Yoga Core

Yoga Core is a unique and enjoyable blend of yoga and core exercises drawn from Pilates and dance conditioning, where participants develop strength, flexibility and integration through awareness in movement. Attention to breath coordination and alignment is emphasized to ensure you get the most out of this workout. This class is appropriate for able-bodied beginners as well as more experienced exercisers. Variations are presented to help you adapt movements to your fitness level. Instructor: Allana Radecki

W 5/8–6/19 • 5:30–6:30 p.m. • Register by 5/12 • 250209-A
Sa 5/11–6/22 • 9–10 a.m. • Register by 5/12 • 250209-B

W 7/3–8/14 • 5:30–6:30 p.m. • Register by 7/7 • 250209-C
Sa 7/6–8/17 • 9–10 a.m. • Register by 7/7 • 250209-D
FREE/member, \$55/non-member • For ages 18 yrs. and up.

Yoga Stretch

This class is for students of all fitness levels. Many of the poses are seated, supine or prone and are held with muscles relaxed for several minutes to target the connective tissues of the lower back, hips, and hamstrings. There is a focus on the breath, being present in the moment, relieving tension and letting go. Give yourself this opportunity to surrender, slow down and come back to balance. Instructor: Claire Sunkel

Tu 5/7–6/18 • 5:30–6:30 p.m. • Register by 5/12 • 250210-A
Tu 7/2–8/13 • 5:30–6:30 p.m. • Register by 7/7 • 250210-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.

ZUMBA

Are you ready to party yourself into shape? That's exactly what ZUMBA is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that is moving millions of people toward joy and health. Instructor: Kristy LeVert

M 5/6–6/17 • 6:45–7:45 p.m. • Register by 5/12 • 250211-A
FREE/member, \$50/non-member • For ages 18 yrs. and up.

Th 5/9–6/20 • 6:45–7:45 p.m. • Register by 5/12 • 250211-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.

M 7/1–8/12 • 6:45–7:45 p.m. • Register by 7/7 • 250211-C
FREE/member, \$55/non-member • For ages 18 yrs. and up.

Th 7/4–8/15 • 6:45–7:45 p.m. • Register by 7/7 • 250211-D
FREE/member, \$50/non-member • For ages 18 yrs. and up.
Class does not meet 5/27 or 7/4.

ZUMBA Gold

ZUMBA Gold is a class of Latin-inspired dance aerobics for seniors and those new to ZUMBA. ZUMBA Gold goes at a slower pace, with more breaks and more instruction, but uses the same zesty ZUMBA music. You can't help but move in this class, and whether you choose a low-intensity or high-intensity option, it's a great workout! Can't stand for the whole program? Seated participants are welcome!

Instructor: Morgan Banks

Tu, Th 5/7–6/20 • noon–1 p.m. • Register by 5/12 • 250212-A
FREE/member, \$85/non-member • For ages 18 yrs. and up.

Tu, Th 7/2–8/15 • noon–1 p.m. • Register by 7/7 • 250212-B
FREE/member, \$80/non-member • For ages 18 yrs. and up.
Class does not meet 7/4.



Healthy Heart Tip!

A proper cool-down at the end of a hard work out is important for preventing injuries and additional soreness. Walk or jog for at least five minutes to allow your heart rate to decrease, then take time to stretch!



Pickleball

Admission \$8 per day; participation is free with your Twin Lakes Recreation Center membership. Occasionally, alternate programs are scheduled in the space ordinarily reserved for Pickleball. Contact the Twin Lakes Recreation Center at 349-3720 or stop by the front desk for updates on Pickleball schedule changes.

M, W, F • 9:30 a.m.–1 p.m.

Court 4

Outdoor Pickleball courts are also available at RCA Community Park. Outdoor courts are available for use on a first-come, first-served basis.

EXCEL TAE KWON DO

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. Some of her achievements include multiple National and Junior Olympic Championships in the AAU and USSSA organizations, AAU and USSSA National team member, and the first woman to be inducted in the USSSA Hall of Fame. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O'Connor

Beginner—Tuesdays and Thursdays, 5:30–6:30 p.m.

5/7–6/20 • Register by 5/12 • 250213-A

7/2–8/15 • Register by 7/7 • 250213-C

For all ages.

Advanced—Tuesdays, 6:45–7:45 p.m. and Thursdays, 5:30–6:30 p.m.

5/7–6/20 • Register by 5/12 • 250213-B

7/2–8/15 • Register by 7/7 • 250213-D

For all ages.

\$65 • Twin Lakes Recreation Center

Class does not meet 7/4.



**Twin Lakes
Recreation Center**



btownparks



Aerial Fitness Classes for Adults

ABA Asabela Studio

Students progressively learn aerial skills increasing upper body and core strength, while achieving greater flexibility, range of motion, confidence, and stamina.

For ages 13 yrs. and up

ALL levels welcome!

For more information or to register, email AsabelaStudio@gmail.com or visit www.AsabelaStudio.com.

Beginner–Pro • \$10–\$20 per class

Tuesdays and Thursdays • 10 a.m., 5 p.m., 6 p.m.

Saturdays • 1 p.m., and Sundays • 6 p.m.

Silks • Aerial Hoop • Trapeze • Aerial Yoga • Rope



Aeriälogy

Aerial Silks • Aerial Yoga • Aerial Hoop

Are you ready for amazing total body workouts that build lean muscle, flexibility, and confidence? With Aeriälogy's progressive training methods, even total beginners can learn aerial arts while getting in great shape.

For ages 13 yrs. and up.

For class information and registration, visit www.aeriälogy.fitness.



Healthy Heart Tip!

As part of a balanced diet it is recommended that you eat 7–10 servings of fruits and/or vegetables every day.



If you enjoy the classes and programs offered by the Twin Lakes Recreation Center, you might also like these sports, recreation, and fitness programs available at other facilities managed by the Parks and Recreation Department. Discounted registration or admission fees for TLRC members are not available for these programs. For more information, visit bloomington.in.gov.

AQUATICS PROGRAMS • bloomington.in.gov/parks/pools

WEATHER CANCELLATION POLICY

In case of inclement weather, the Pools Hotline (349-3741) will be updated with the status of aquatic classes and pool hours. Classes will be cancelled for thunder, lightning, and extremely cool temperatures, but will meet in the rain.

BRYAN PARK POOL • 1020 S. Woodlawn Ave.

Open May 25–September 2 • 11 a.m.–7 p.m. daily

Operating hours subject to change.

Zero-depth activity pool for children under age 10 yrs., two waterslides, diving board, 17' drop slide, and concessions.

ADMISSION RATES

\$5/person

Ages 3 yrs. and younger admitted free.

BRYAN PARK POOL BACK-TO-SCHOOL HOURS

SU	M	TU	W	TH	F	SA
8/4 11am–7pm	8/5 11am–7pm	8/6 11am–7pm	8/7 CLOSED	8/8 3:30–7pm	8/9 3:30–7pm	8/10 11am–7pm
8/11 11am–7pm	8/12 CLOSED	8/13 CLOSED	8/14 CLOSED	8/15 3:30–7pm	8/16 3:30–7pm	8/17 11am–7pm
8/18 11am–7pm	8/19 CLOSED	8/20 CLOSED	8/21 CLOSED	8/22 3:30–7pm	8/23 3:30–7pm	8/24 11am–7pm
8/25 11am–7pm	8/26 CLOSED	8/27 CLOSED	8/28 CLOSED	8/29 3:30–7pm	8/30 3:30–7pm	8/31 11am–7pm
9/1 11am–7pm	9/2 11am–7pm					

MILLS POOL • 1100 W. 14th St.

Open May 25–August 4 • 11 a.m.–7 p.m. daily

Large parking lot adjacent to pool at Tri-North Middle School. Zero-depth activity pool for children under age 10 yrs., water basketball, diving board, and waterslide.

ADMISSION RATES

\$5/person

Ages 3 yrs. and younger admitted free.

NEW!

SEASON PASS

Valid for admission for one individual at both Bryan Park and Mills Pools for the 2019 season. After Friday, May 24, season passes may be purchased at Bryan Park Pool only.

\$50

NEW!

AQUA YOGA AT MILLS POOL

These classes are for students of all fitness levels. Many of the poses are seated, supine or prone and are held with muscles relaxed for several minutes to target the connective tissues of the lower back, hips, and hamstrings. There is a focus on the breath, being present in the moment, relieving tension and letting go. Attendees may choose to participate either on floating mats in the pool, or on yoga mats on the pool deck. Intensity level: moderate.

Sa 6/8–7/13 • 9:15–10:15 a.m. • Register by 5/31 • 220111-A
Tu, Th 6/11–6/27 • 6–7 p.m. • Register by 5/31 • 220111-B
Tu, Th 7/9–7/25 • 6–7 p.m. • Register by 6/28 • 220111-C
\$65/in-city, \$70/non-city • For ages 18 yrs. and up.

MILLS POOL OPEN SWIM DAY

Thursday, July 4 from 11 a.m.–7 p.m.

Mills Pool is open all day with FREE admission!

Proudly sponsored by



SWIMMING LESSONS

Group and private swimming lessons are available at both Bryan Park and Mills Pools. Visit bloomington.in.gov/parks/pools for detailed information.

Fall Adult Softball Leagues



For more information or to register, visit bloomington.in.gov/softball.

Men's and Women's leagues and Co-Rec leagues

Twin Lakes Sports Park, 2350 W. Bloomfield Rd.

June 17–July 10: Teams register online (including tentative roster).

League play begins the week of Aug. 5. (Co-Rec begins Aug. 11.)

Adult Tennis Lessons

Classes meet twice each week for four weeks. For more information, contact Dee Tuttle at 349-3762 or tuttled@bloomington.in.gov.

For ages 18 yrs. and up.

\$47/in-city, \$55/non-city

Winslow Sports Complex, 2800 S. Highland Ave.

Outdoor Sports Hotline: 349-3610

Spring Session

May 6–29

Register by 5/3.

Summer Session I

June 3–26

Register by 5/30.

Summer Session II

July 8–31

Register by 7/3.

How to register: Choose one of four ways.



ONLINE

Online registration
available 24-7!

Visit us at:
bloomington.in.gov/parks
Secured for credit card payment.

**VISA, MASTERCARD,
or DISCOVER**



WALK IN

Register in person
by coming to the
**City of Bloomington
Parks and Recreation** office
located in City Hall at
**401 N. Morton St., Ste. 250,
Monday-Friday, 8 a.m.-5 p.m.**

**VISA, MASTERCARD,
DISCOVER, CASH, CHECK,
or MONEY ORDER**



MAIL IN

Complete the registration
form and send it to
**Bloomington Parks
and Recreation**
**401 N. Morton St., Ste. 250
Bloomington, IN 47404**
Registrations must be received
before the deadline.

CHECK or MONEY ORDER

DROP OFF

A convenient drop box is
located outside City Hall,
at the "401" address doors.
Drop off your registration after
hours or whenever it's convenient
for you. Make sure you drop off
before the registration date.

CHECK or MONEY ORDER

AM I A CITY OF BLOOMINGTON RESIDENT? A resident is any person who resides within the City's corporate limits. Do you pay Bloomington property taxes? Do you have a City of Bloomington trash pickup service? If you can answer "yes" to both of these questions, then you are a "City of Bloomington Resident." If you are in an apartment and unsure if the property is "in-city" we can verify by checking your address. Even if your mailing address is "Bloomington," it does not necessarily mean you are a City resident. Please call the City of Bloomington Parks and Recreation office at 349-3700 if you have residency questions.

FEES AND CHARGES City of Bloomington Parks and Recreation is a City of Bloomington department under the administration of the Mayor of Bloomington. City of Bloomington residents, through property taxes, make a significant contribution to the operation of the park system. Non-resident fees are charged so non-resident participants can fairly contribute to overall financing of the park system. Fees are listed separately for City of Bloomington residents and non-city residents. Residency verification may be requested.

WAIVER OF LIABILITY The City of Bloomington is not responsible for any injuries sustained as a result of participation in any department sponsored activity, or while using departmental facilities. It is recommended that **anyone** enrolled in a program or using facilities make provisions for adequate coverage within **their** own insurance plan.

LATE REGISTRATION Any registrations received after the deadline date may be subject to a late registration fee.

REFUND POLICY No refunds are provided after the first day of a program. All refunds are subject to a \$2 fee. If the \$2 charge does not cover costs incurred by the department, the refund may be pro-rated in addition to the \$2 charge. **There are no refunds on season passes.** Full refunds are given on all programs cancelled by City of Bloomington Parks and Recreation. Allow four weeks for refund requests to be processed.

REGISTRATION PROCEDURES **Complete** the registration form, online or hard copy, making sure all information is current and correct. Parent/guardian information is vital in the event of an emergency. Include all pertinent information, including the program code listed beside the program information. **Read and sign** the waiver statement located in the lower left area of the registration form. **Full payment** is required at the time of registration. See above for payment methods. Forms will be processed in the order received. **Register early!** All forms must be received by the registration deadline. City of Bloomington Parks and Recreation is not responsible for lost or late mail. **Registration receipts** will be mailed to you. This is not a guarantee of enrollment, but an acknowledgement of your registration. We will contact you by phone or mail if there is a problem with your registration.

PROGRAM REGISTRATION FORM

Name _____
(parent/guardian if participant is under 18 or under legal guardianship)

Home Phone _____

Street Address _____

Work Phone _____

City _____ State _____ Zip _____

Emergency Contact _____

City of Bloomington Resident? Yes No
(If you are unsure of your residency status, please call 349-3700)

Email Address _____

How did you hear of this program? Program Guide Newspaper Flyer Friend Email Website Previous Participant Other _____

Participant Name	Gender	Birthdate	Shirt Size	Program Name	Class Code	Fee

Inclusive Service Request:

Reasonable accommodations are needed to participate in above program(s) related to specific needs associated with a disability. (circle one) YES NO
If YES, please complete an Inclusion Assessment and the Inclusive Recreation Coordinator will contact you. We request at least two weeks notification for reasonable accommodations requests. *In some cases reasonable accommodations may take longer.*

The undersigned is the adult Program Participant, or is the parent or legal guardian of the Program Participant. The undersigned hereby states that s/he understands the activities that will take place in this program, and that the Program Participant is physically and mentally able to participate in this program. The undersigned recognizes, as with any activity, there is risk of injury. In the event that the Program Participant sustains an injury in the course of the program, and the City of Bloomington Parks and Recreation Department is unable to contact the appropriate person(s) to obtain consent for treatment, the City of Bloomington Parks and Recreation Department and/or its employees or volunteers are authorized to take reasonable steps to obtain appropriate medical treatment. The Program Participant and/or his/her parent or legal guardian shall be responsible for the cost of such treatment. The Undersigned now releases the City of Bloomington, the Bloomington Parks and Recreation Department, its employees, agents, and assigns, from any claims including, but not limited to, personal injuries or damage to property caused by or having any relation to this activity. It is understood that this release applies to any present or future injuries and that it binds the Undersigned, Undersigned's spouse, heirs, executors and administrators. The Program Participant may be photographed and videotaped while participating in Parks and Recreation activities, and consent is given for the reproduction of such photos or videos for advertising and publicity.

I have read this release and understand all of its terms. I agree with its terms and sign it voluntarily.

Signature (parent/guardian if participant is under 18 or under legal guardianship)

Date

Include Your Voluntary Donation to the
Bloomington Parks & Recreation Department
☐ Community Garden Fund
☐ Bloomington Tree Fund
☐ Greatest need

\$1 _____
\$3 _____
\$5 _____
Other \$ _____

Total Enclosed \$ _____

**Make check or money order
payable to:
City of Bloomington**

**Mail registrations to:
City of Bloomington
Parks and Recreation
401 N. Morton Street, Ste. 250,
Bloomington IN 47404**

Memberships*

Type	Automatic Monthly Debit**	Monthly	Six months***	12 month***
Student <i>Under 18 yrs. or with valid college or university ID</i>	\$30/month Automatically debited from your bank account each month.	\$30/month Payable by cash, check, or credit card each month at the TLRC.	\$155 One up-front payment. Savings of \$25 over monthly rate.	\$270 One up-front payment. Savings of \$90 over monthly rate.
Adult	\$35/month Automatically debited from your bank account each month.	\$40/month Payable by cash, check, or credit card each month at the TLRC.	\$200 One up-front payment. Savings of \$40 over monthly rate.	\$360 One up-front payment. Savings of \$120 over monthly rate.
Senior <i>age 60 yrs. and up</i>	\$30/month Automatically debited from your bank account each month.	\$35/month Payable by cash, check, or credit card each month at the TLRC.	\$175 One up-front payment. Savings of \$35 over monthly rate.	\$315 One up-front payment. Savings of \$105 over monthly rate.
Two Person <i>Must reside in the same household.</i>	\$55/month Automatically debited from your bank account each month.	\$60/month Payable by cash, check, or credit card each month at the TLRC.	\$300 One up-front payment. Savings of \$60 over monthly rate.	\$540 One up-front payment. Savings of \$180 over monthly rate.
Two Seniors <i>age 60 yrs. and up. Must reside in the same household.</i>	\$45/month Automatically debited from your bank account each month.	\$50/month Payable by cash, check, or credit card each month at the TLRC.	\$250 One up-front payment. Savings of \$50 over monthly rate.	\$450 One up-front payment. Savings of \$150 over monthly rate.
Family <i>Max. 2 adults and dependent children living in the same household</i>	\$65/month Automatically debited from your bank account each month.	\$70/month Payable by cash, check, or credit card each month at the TLRC.	\$350 One up-front payment. Savings of \$70 over monthly rate.	\$630 One up-front payment. Savings of \$210 over monthly rate.

*There is a one-time capital fee of \$20 for each new member.

**Automatic Monthly Debit requires a 12-month commitment. Cancelling before the 12-month commitment is reached will result in a \$20 early termination fee.

***Automatic Monthly Debit, Six-month and 12-month memberships can be put on freeze for up to three months in a 12-month period.

Membership benefits

The Twin Lakes Recreation Center provides members with many choices to create a wellness plan that offers variety and challenge. Stop by and see how the TLRC can be a part of your fitness goals. Membership benefits include:

- Indoor ½-mile rubberized track
- Five basketball courts
- Indoor turf field
- Expanded weight room
- Cardio studio
- Two group exercise studios
- FREE group exercise for members
- Discounted personal training packages

Facility rental (per hour)

Party Room	\$45
Program Room	\$45
Studio A	\$65
Studio B	\$60
Basketball practice/court	\$30/hour
Basketball competition/tournament	\$40/per court/per hour
Turf field non-prime (April–September)	\$70/hour
Turf field prime (October–March)	\$100/hour
Entire Lower Level	\$155/hour

Party Room Rental at Twin Lakes Recreation Center

Party Room rental includes tables and chairs. Decorating, setup, and cleanup must be done during the rental time, or additional time can be added. Renters are responsible for their own decorations, party supplies, tableware, food service utensils, and equipment (e.g. basketballs, footballs, and soccer balls).

\$45/hour for use of the party room only

\$65/hour includes use of one basketball court

\$80/hour includes use of Studio A or B

\$105/hour includes use of the turf (April–September)

\$130/hour includes use of the turf (October–March)

The studios offer wood floors and full-length mirrors. Court, turf, and studio room rental time runs simultaneously with the party room rental time.

For more information on booking a party, call 349-3720. Rental fees MUST be paid in full at the time of the reservation to secure the date.